



**CONNECTS & Co.**  
Support for young carers and siblings



**Meals Out | Picnics | Arts & Crafts | Walks**



## **Young Adult Carers Parents Group**

**Cinema Trips | Bowling | Day Trips | Spa Days | Sailing**

**Are you a young adult parent and also a carer for someone?**

**Would you like time out for you with  
FREE SOCIAL EVENTS?**

***If you are unable to arrange childcare,  
please bring your children along  
(we have extra hands for support)***

***If you are interested and would like to find out more,  
please call or text Faith on 07769946054***

**Afternoon Tea | Support & Advice | and Much More!**

Connects & Co is a registered charity: 1125195  
Call us on: 01603 405328  
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